

# CULTIVATING

# JOY AND Delight

Through the use of visual imagery, messages of hope, journaling, and conversation, this new series will guide us through monthly themes aimed to tend to our hearts through creativity and connection. We recognize the importance of a supportive community during the pandemic and are excited to offer a special way to come together virtually!

## Light AND Sparkles

As we start the series together, we will explore light and things that sparkle during this season, both in what we see on the outside and how to keep the spark shining bright on the inside. We will honor the challenges of this particular year and will share ways to find light in what may feel like darkness.

DECEMBER 17



JANUARY 21



FEBRUARY 18



MARCH 18



## Newness

When something is new, both excitement and the need for gentleness can be a part of the experience. This session will include new things we hope for, how to tend to new ideas, and dreams we hold close to our hearts.

## Who AND What We Love

Come with ideas of who you love and what you hold close to your heart. We will share ways to love intentionally, even when it feels hard to do.

## Wonder IN THE Waiting

As winter starts to blend into spring, we wait for the hints of a new season. We will explore how it feels to wait in anticipation and share ways to stay hopeful, mindful, and curious during the waiting journey.

Please **RSVP**  
for Zoom info at:  
**916-392-3510**  
Third Thursdays  
at 2pm

Tiffany Paige Ramirez is the Founder and Director of the non-profit Artisan Mind. She works with families affected by dementia - blending art and faith to nurture their connections to who they love, what matters most, and the inherent value of their lives.

[www.artisanmind.org](http://www.artisanmind.org)

ARTISANMIND

At Revere Court Memory Care we understand that dementia affects whole families. Each person with memory loss and their family experience different challenges and needs. These needs vary at different times during their journey. We are here to support you by offering free workshops & support groups. You are not alone!

REVERE COURT

MEMORY CARE